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WAR FOOD ADMINISTRATION
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Rm. 611 Market Street National Bank Bldg.
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Reserve

POTATOES IN SCHOOL LUNCHES

(With special emphasis on the use of small-sized potatoes)

Here are some points school lunch managers may find helpful in planning and serving meals using potatoes:

1. Potatoes - a universal favorite - may be served to meet the vegetable - fruit requirement of either the Type A or the Type B lunch, in whole or in part.
2. Potatoes, first on the Group Three list of the Basic 7 Food Groups, provide high food value at relatively low cost. Properly cooked and served, they make a substantial contribution to vitamin C needs - the nutrient most often lacking in childrens' diets according to nutrition surveys. They also contribute significant amounts of the B vitamins and iron as well as other minerals. The small potato is every bit as nutritious as its' big brother.
3. Potatoes may be served often in the noon meal at school. Variety in lunches can be achieved by serving these in many different ways. Serve potatoes alone, or combined with other vegetables, to supplement the meat or meat alternate dish. Or use potatoes in main dishes combined with meat or a meat alternate. Incidentally, such combination main dishes have the advantage of saving time and labor in food preparation, serving and dish washing - important factors to consider in the wartime planning of school lunches.

Whole potatoes of small size are especially attractive in stews, meat pies, and braised meat and vegetable combinations. Small whole potatoes are very popular, too, served in their jackets or creamed.

4. To conserve the food value of potatoes follow these rules: Cook potatoes in their jackets whenever possible; the small potato cooks well in its jacket in a short time. (Potatoes cooked this way have a better flavor and texture. They may be used for many potato dishes - creamed, scalloped and salads - as well as for serving plain, boiled or mashed.) Use the water in which potatoes are cooked in soups, sauce and gravies. In making combination dishes requiring long cooking of the meat or meat alternate, add the potatoes later so that they cook no more than necessary. Serve potatoes as soon as possible after cooking.

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Some Dishes Featuring Small Whole Potatoes

Main Dishes (combining potatoes with meat or meat alternate)

*Meat and vegetable stew with potatoes (beef, lamb, mutton, liver, kidney, etc.)

Meat pie (with whole potatoes in the filling)

Meat and potato casserole

*Beef, liver or fish balls with potatoes

*Pot roast with potatoes

*Potatoes with meat sauce

*Creamed potatoes and eggs

*Creamed potatoes with peanut butter in the sauce

Casserole of potatoes, carrots, onions and eggs

Vegetable Dishes

*Boiled or steamed, served in jackets

*Parsley potatoes

*Paprika potatoes

Roasted or browned potatoes

*Creamed potatoes - alone, or with onions or other vegetables

Note: In addition to the above suggestions, small potatoes - like those of larger size - may be used sliced, diced or mashed in many other potato or combination dishes.

* These dishes can be prepared with top-of-stove cooking facilities.